

Fur-why wud ye clane yer hans?

Tha mair yer hans micht leuk clane the' cud be cairryin skaithlie gerrums. Sin thon's tha wye o't, clanin yer hans richt maks an inpit tae keppin onie smit frae spreedin.

Whut wye tae clane yer hans richt

Waash yer hans



Wat yer hans in ablow waarm rinnin wattèr an skoosh oan rinnie sape.

Sanytise yer hans



Skoosh alcohol jeelie or ream oan yer dry hans. (Gin yer hans leuks fylt ye maun gie thaim a waash.)

or

Screenge yer loofs thegither an atween yer fing'rs.



Screenge tha loof o ilka han ower tha bak o tha tither an atween tha fing'rs.



Screenge yer fing'r nebs...



Roon yer thooms...



an wrists.



Rensh aff tha sape wi waarm rinnin wattèr.



Thorowie dicht yer hans oan a daud o paiper han cloot ye buck oot.



Lat tha jeelie/ream dry oan yer hans.

Fur mair wittins

Gin ye'r fashed ava or hae onie spierins anent keppin doon tha smit, or anent tha wyce ghen in this blaud, ye wudnae taak tae tha waard sistèr or tha owegangin nurse, wud ye? Ye'll kin ax tae hae a wurd wi tha Smit Owerance Core forbye.

Gin ye'd rether hae thir wittins in anither leid, ye wudnae taak tae yin o tha darg-bann, wud ye, or less gang tae

www.dhsspsni.gov.uk/phealth



Department of
**Health, Social Services
and Public Safety**

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AN ROINN

**Sláinte, Seirbhísí Sóisialta
agus Sábháilteachta Poiblí**

MÁNNYSTRIE O

**Poustie, Resydènter Heisin
an Fowk Siccar**

**Poust Fordèrin Agentrie
fur Norn Airlan**



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Ulster Scots translation of
**How can you help us prevent and control
infection in hospitals**
Information for patients and visitors

Whut wye ye'll kin gie a hann tae kep an haud smittin in ospittles

Wittins fur patients an thair freens

TAK TENT



SMITTIN

Whut's this blaud about?

Ye'll mebbe hae heard tell o bein kittle tae be taen bad wi a smittle affset whanivver ye hae tae gae intae ospittle.

This ospittle an oor darg-bann at leuks efdèr ye lays oot thair accoonts tae kep this frae cummin about.

We cud dae wi a han frae yersel forbye.

Nae mettèr about gin ye'r a patient or yin o thair freens, ye'll kin gie iz a han tae kep an haud smittin adae wi cuitèrin.

We'd be ableeged gin ye'd raed this blaud an see tae dae tha hamelt things ye'r gien wut o in this blaud.



Whut kin patients dae tae gie a han?

- Aye **clane** yer hans richt wi waashin thaim wi rinnie sape unnèr rinnin wattèr, or uisin tha han sanytiser oan tha waard. (Leuk tha bak o this blaud)
- Gin ye kin dae't ava, hae **a dook or a shoer** afore ye cum intae tha ospittle, an tha much ye'r fit tae dae throch yer stey.
- Mine an tak **clane** unnèrclaes, nicht goons an han-cloots.
- Furtae fen yersel an ither patients hae a wurd wi yer nurse or doctèr gin ye hae **jist new haed onie kyn o smit**.
- Haud yer loacker an boord **as trig an redd o gear** as ye can fur acause the'r mair aisie claned.
- Sen yer **orra waashin** hame belyve. Laandrie begs is pit tae yer han fur tae dae this.
- **Dinnae tak tha len** o han-cloots or ither bodies' ain gear tha like o CD or MP3 yokes.
- Gin ye hae an **affset** at's smittle tae ither patients, yins micht cud see tae kep this in a by-ordnar gate. Bodies in tha darg-bann wull gie ye wittins anent thae things.

Whut kin landèrs dae tae gie a han?

- Dinnae lann wi yins in tha ospittle gin yersel or anither bodie in tha hoose is **no weel** wi tha like o a morth o coul, flyue, boakin or tha skittèrs.
- **Afore gangin intil an efdèr quattin tha waard, clane** yer hans richt wi waashin thaim wi rinnie sape unnèr rinnin wattèr, or uisin tha han sanytiser oan tha waard. (Leuk tha bak o this blaud)
- **Restrict landèrs** tae yin or twa thegither, an dinnae tak weans owre affen.
- Gin ye wud lan wi mair nor yin patient in tha yin gang, **taak tae a nurse** fur rede.
- Dinnae set yersel doon or streek yersel oot oan **a patient's bed**.
- **Dinnae mell** wi a patient's stang lappins, dreeps, teems, tubes or cuitèrin graithin.
- Gie tha patient a han tae haud thair loacker an boord **as trig an redd o gear** as the' can fur acause the'r mair aisie claned. Tak awa auld fruit an flooers.
- Tak tha patient's **orra claes** hame belyve.
- Gin patients or landèrs **is kittle tae be smit**, yins micht ax ye tae pit a goon, gluives or a mask oan ye. Bodies frae tha darg-bann wull gie ye wut o't whun this wad be necessar.